

		Ritmo (minutos por kilómetro)												
		03'00"	03'15"	03'30"	03'45"	04'00"	04'15"	04'30"	04'45"	05'00"	05'15"	05'30"	05'45"	06'00"
Punto Kilométrico	1	0:03:00	0:03:15	0:03:30	0:03:45	0:04:00	0:04:15	0:04:30	0:04:45	0:05:00	0:05:15	0:05:30	0:05:45	0:06:00
	2	0:06:00	0:06:30	0:07:00	0:07:30	0:08:00	0:08:30	0:09:00	0:09:30	0:10:00	0:10:30	0:11:00	0:11:30	0:12:00
	3	0:09:00	0:09:45	0:10:30	0:11:15	0:12:00	0:12:45	0:13:30	0:14:15	0:15:00	0:15:45	0:16:30	0:17:15	0:18:00
	4	0:12:00	0:13:00	0:14:00	0:15:00	0:16:00	0:17:00	0:18:00	0:19:00	0:20:00	0:21:00	0:22:00	0:23:00	0:24:00
	5	0:15:00	0:16:15	0:17:30	0:18:45	0:20:00	0:21:15	0:22:30	0:23:45	0:25:00	0:26:15	0:27:30	0:28:45	0:30:00
	6	0:18:00	0:19:30	0:21:00	0:22:30	0:24:00	0:25:30	0:27:00	0:28:30	0:30:00	0:31:30	0:33:00	0:34:30	0:36:00
	7	0:21:00	0:22:45	0:24:30	0:26:15	0:28:00	0:29:45	0:31:30	0:33:15	0:35:00	0:36:45	0:38:30	0:40:15	0:42:00
	8	0:24:00	0:26:00	0:28:00	0:30:00	0:32:00	0:34:00	0:36:00	0:38:00	0:40:00	0:42:00	0:44:00	0:46:00	0:48:00
	9	0:27:00	0:29:15	0:31:30	0:33:45	0:36:00	0:38:15	0:40:30	0:42:45	0:45:00	0:47:15	0:49:30	0:51:45	0:54:00
	10	0:30:00	0:32:30	0:35:00	0:37:30	0:40:00	0:42:30	0:45:00	0:47:30	0:50:00	0:52:30	0:55:00	0:57:30	1:00:00
	11	0:33:00	0:35:45	0:38:30	0:41:15	0:44:00	0:46:45	0:49:30	0:52:15	0:55:00	0:57:45	1:00:30	1:03:15	1:06:00
	12	0:36:00	0:39:00	0:42:00	0:45:00	0:48:00	0:51:00	0:54:00	0:57:00	1:00:00	1:03:00	1:06:00	1:09:00	1:12:00
	13	0:39:00	0:42:15	0:45:30	0:48:45	0:52:00	0:55:15	0:58:30	1:01:45	1:05:00	1:08:15	1:11:30	1:14:45	1:18:00
	14	0:42:00	0:45:30	0:49:00	0:52:30	0:56:00	0:59:30	1:03:00	1:06:30	1:10:00	1:13:30	1:17:00	1:20:30	1:24:00
	15	0:45:00	0:48:45	0:52:30	0:56:15	1:00:00	1:03:45	1:07:30	1:11:15	1:15:00	1:18:45	1:22:30	1:26:15	1:30:00
	16	0:48:00	0:52:00	0:56:00	1:00:00	1:04:00	1:08:00	1:12:00	1:16:00	1:20:00	1:24:00	1:28:00	1:32:00	1:36:00
	17	0:51:00	0:55:15	0:59:30	1:03:45	1:08:00	1:12:15	1:16:30	1:20:45	1:25:00	1:29:15	1:33:30	1:37:45	1:42:00
	18	0:54:00	0:58:30	1:03:00	1:07:30	1:12:00	1:16:30	1:21:00	1:25:30	1:30:00	1:34:30	1:39:00	1:43:30	1:48:00
	19	0:57:00	1:01:45	1:06:30	1:11:15	1:16:00	1:20:45	1:25:30	1:30:15	1:35:00	1:39:45	1:44:30	1:49:15	1:54:00
	20	1:00:00	1:05:00	1:10:00	1:15:00	1:20:00	1:25:00	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00
	21	1:03:00	1:08:15	1:13:30	1:18:45	1:24:00	1:29:15	1:34:30	1:39:45	1:45:00	1:50:15	1:55:30	2:00:45	2:06:00
Meta	1:03:17	1:08:34	1:13:50	1:19:07	1:24:23	1:29:40	1:34:56	1:40:13	1:45:29	1:50:46	1:56:02	2:01:18	2:06:35	